

Armed forces launch Rockies season opener

Chief master sergeant sings anthem before record crowd at Coors Field



Members of the Colorado Rockies baseball team stand for the national anthem during opening ceremonies Monday as 120 military members hold a 300 by 150-foot flag in the outfield at Coors Field in Denver.

Photo by Capt. Sean McKenna

By Capt. Sean McKenna

Air Force Space Command Public Affairs

When Chief Master Sgt. Marcie Hureau stepped up to home plate to open the Colorado Rockies' baseball season Monday, one could only imagine what was going through her mind.

The first woman to appear in a Major League baseball game? Not exactly, but the Air Force Band of the Rockies' vocalist did have the honor of performing the national anthem before a record crowd during opening day ceremonies at Coors Field in Denver.

Hureau and hundreds of other military members from all branches were the center of attention as the Rockies kicked off the 2001 season against the St. Louis Cardinals with a salute to the Armed Forces before the largest attendance in Coors Field regular-season history.

Besides the chief's vocal

pro prowess, the crowd of 50,592 was treated to Air Force, Marine, Army and Navy color guards, a 300-foot by 150-foot American flag held by 120 service members, and a four-ship fly-by of F-16s from the 389th Fighter Squadron at Mountain Home, Idaho.

"The crowd was really in a patriotic mood because of the ambience," said Hureau, a 24-year Air Force veteran stationed at Peterson AFB. "It was great to represent the Air Force and the Band of the Rockies."

Hureau, whose only previous experience singing the anthem at a sporting event was a national Tae Kwon Do competition eight years ago, admitted to being nervous about her opening-day gig.

"I always get nervous before a performance," she said. "But this time I was a little more so. First, because it was opening day but, more importantly, I was representing the Air Force. It's an honor and something I never

take lightly."

The Colorado Rockies decided to honor the armed forces mainly because of the large military presence in the Denver area. Along with Buckley AFB in Aurora, Peterson AFB, Schriever AFB, F.E. Warren AFB, the Air Force Academy and Fort Carson are all within 100 miles of the city.

"The organization thought it would be nice to get all the services here for a celebration," said Angel Field from the Rockies' promotions and events department. "What a great way to open up the season."

The nearly 150 other service members appearing at the game included airmen from Peterson AFB and Buckley AFB, Colo.; F.E. Warren AFB, Wyo.; and Mountain Home AFB, Idaho; sailors from the Navy Security Group Activity at Buckley; and Marines and soldiers from recruiting offices in Denver.

As for the game, the Rockies shut



Photo by Tech. Sgt. Rick Perez

Chief Master Sgt. Marcie Hureau performs the national anthem before a Coors Field record crowd of 50,592.

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Congratulations to the following airmen recently selected for senior airman below the zone

Shaun L. Sibit, 721st SFS
Brian P. Poillion, 721st CS
Jason J. Weir, 721st CS
Elija A. Supper, 21st SFS
Justin T. Hannaford, 10th AMDS
Shane M. Sharp, 21st SW/PA
Stephanie R. Rudge, 21st CPTS
David C. Drennan, 10th MDOS



From the top

Message from the 21st Space Wing commander

On Monday, I had the great honor of attending the Colorado Military Appreciation Day at the State Capitol building. Myself, along with various other military commanders from around the state, represented more than 40,000 military members currently serving our country from bases around Colorado.

During the ceremony, as the National Anthem played and Representative Sinclair read the House Resolution, I felt extremely proud to be wearing my Air Force uniform. It was apparent to me the people in our communities and our government recognize the many sacrifices we make in serving our country.

But most importantly, this Military Appreciation Day was in honor of your heroism and professionalism. Every day as I travel around Peterson and the wing it's evident we have America's best serving in today's Air Force.

Thanks for all that you do for our country and our AF.

Brig. Gen. Bob Kehler
21st Space Wing commander

State of Colorado honors veterans, past and present

House Resolution 01-1013

By Representatives Sinclair, Alexander, Bacon, Berry, Borodkin, Boyd, Cadman, Chavez, Clapp, Cloer, Coleman, Crane, Daniel, Dean, Decker, Fairbank, Fritz, Garcia, Groff, Grossman, Hefley, Hodge, Hoppe, Jahn, Jameson, Johnson, Kester, King, Larson, Lawrence, Lee, Mace, Madden, Marshall, Miller, Mitchell, Nunez, Paschall, Plant, Ragsdale, Rhodes, Rippey, Romanoff, Saliman, Sanchez, Schultheis, Scott, Smith, Snook, Spence, Spradley, Stafford, Stengel, Swenson, Tapia, Tochtrop, Veiga, Vigil, Webster, Wedding, White, S. Williams, T. Williams, Witwer, Young.

Concerning the recognition of Military Appreciation Day.

Whereas, On April 2, 2001, the federal Department of Military Affairs and the United Veterans Committee will sponsor a veterans commemorative event at the Colorado State Capitol; and

Whereas, On March 28, 1862, Colorado forces under Colonel Slough defeated Confederate forces at the Battle of Glorieta Pass; and

Whereas, Colorado has a proud and distinguished history of dedicated military service by men and women of this state whose sacrifice, courage, and heroism preserve for past, present, and future generations the liberties and democratic way of life set forth in our state and national constitutions; and

Whereas, The State of Colorado significantly benefits from the presence and military service of the more than 40,000 men and women serving in the United States Army, Navy, Air Force, marine Corps, Coast Guard, their Reserves, the Colorado National Guard, and the Civil Air Patrol at military installations, offices, and bases in Colorado; and

Whereas, It is appropriate to recognize the Coloradans in all branches and components of the Armed Services who selflessly serve around the world today to protect the security and peace of our nation and other nations; and

Whereas, Colorado is the proud home to the and the beneficiary of more than 460,000 military veterans who have served their country long and well and bring great honor and distinction to the state; now, therefore,

Be It Resolved by the House of Representatives of the Sixty-third General Assembly of the State of Colorado:

That we, the members of the House of Representatives of the Colorado General Assembly, hereby extend our heartfelt gratitude to our state's veterans, past and present, and to all military men and women currently serving in the Armed Services and encourage the citizens of Colorado to join in the celebration of Colorado Military Appreciation Day on April 2, 2001, in recognition and honor of the thousands of fellow citizens who have put on a military uniform in order to protect and serve their community, state, and country.

Be It Further Resolved, That copies of this Resolution be made available to each of the senior commanders of active duty units and National Guard units located in the State of Colorado and to the members of the congressional delegation representing the State of Colorado in the United States Congress.

Judith Rodrigue
Chief Clerk of the House
of Representatives

Doug Dean
Speaker of the House
of Representatives

Action line

Submitting Action Lines

The Action Line (556-7777 or by fax: 556-7848) is your direct link to me. It provides an avenue for you to voice concerns over unsolved problems, share good ideas or provide some constructive criticism.

As a reminder, the Action Line is not a replacement for using your chain of command. Action Lines can help make the Peterson Complex and the wing a better place to live and work.



Brig. Gen. Bob Kehler

Q. Are they planning to build a commissary and Base Exchange at Buckley Air Force Base?

A. Thank you for your question regarding quality of life improvements at Buckley AFB. Yes, there will be a new commissary and Base Exchange at Buckley AFB and, in fact, construction is about 40 percent complete. We anticipate construction to be complete by December of this year with facilities opening for business shortly thereafter. If you have any further questions, please call Bill Schlepuezt, 21st CES at 556-7515.

Q. Recently, my mother shopped at the Peterson commissary. She requested brown bags, and immediately, she was informed that she could not have "double bags." Doubling the bags was not a concern because she had not requested that her bags be doubled. Single bagging suited her just fine. The bagger loaded the bags to maximum capacity. When trying to take out a bag containing 3-half gallons of orange juice and milk, she lost control of this bag. The bag ripped and the contents fell out. I am aware that plastic bags are cheaper for the commissary to use. Is this the reason why bags are being packed to a maximum capacity? Is there an underlying message to the shoppers that "if they insist on brown bags, they will suffer the consequences?" I hope not. My mother is a senior citizen (72 years old). I do not think that she or anyone should be faced with trying to lift bags that are packed too heavy. I am aware of the dollar shortages and budget cut backs. However, at the end of the day, the customer keeps the commissary open.

A. Thank you for your call and we apologize for any inconvenience your mother experienced during her recent shopping trip to the Commissary. Our bagger did not follow the rules. You are correct in stating that plastic bags are cheaper than paper bags; however, the baggers will use paper bags when the customer requests them. Also, the baggers are instructed to double bag heavy items, and to be careful they don't overload the bags. Our store director has restated those rules to the baggers as a result of your call. If you have any further questions, please contact Rita Harper at 556-7765.

Q. Are there any plans for a future upgrade or expansion of the sauna room at the fitness center?

A. Thank you for your comment and concern about the men's sauna at our fitness and sports center. We are very fortunate to have a fantastic facility that serves over 2,000 customers daily. You're right, the men's sauna is too small to serve the number of customers using the center. Unfortunately, the size of the sauna cannot be expanded due to space constraints in the men's locker room, nor is there an appropriate area to build an additional men's sauna in another area of the facility. However, we have some good news. In the long term, we have a project in coordination to build an additional fitness center. Although the project is just in the planning stages and a construction date has yet to be established, once built, the new fitness center will be equipped with an additional sauna facility. Until that time, the Aquatics Center has a sauna and two hot tubs that might provide you a convenient alternative. If you have further questions, please call Sharon Duell at 556-8069.

Q. Why must members go through the dental clinic's sick call process in order to make a non-emergency appointment? Isn't there a more efficient way to handle non-emergency care for our active duty?

A. Thank you for the opportunity to explain dental clinic sick call procedures. The dental clinic offers scheduled, same-day "sick-call" appointments. Proper time management requires that we give all dental patients, whether urgent or non-urgent, a screening appointment to determine the amount of time needed to provide definitive care. In your case, our policy is to offer the next available exam appointment to determine the exact nature of your problem and then schedule you for the time necessary to provide treatment. We will review current policies with our staff to ensure they continue to provide the customer service you expect and deserve. If you have any further questions, please call Col. Thomas Plamondon at 556-1334.

Air Force releases latest selective bonus list

WASHINGTON — The Air Force has released the latest selective re-enlistment bonus list, which identifies changes in three career fields.

While there are no increases on this release, the Air Force has increased the SRB budget from \$25 million in fiscal 1997 to \$165 million in fiscal 2001, said Lt. Col. Francine Blackmon, chief of Air Force skills management. Additionally, the number of Air Force skills eligible for an SRB has more than tripled since FY 97.

Zone A bonuses in the radio communications systems, 3C1X1, career field were reduced from 2.0 to 1.0. The Zone A bonus for the communications cable systems, 2E6X2, and the Zone C bonus for the visual information, 3U0X1, career fields have been discontinued.

The changes take effect May 1.

Personnel officials are scheduled to conduct the next semiannual SRB review in October.

During this comprehensive evaluation, all enlisted specialties are reviewed. The criteria for determining which enlisted skills receive an SRB include current and projected manning levels, re-enlistment trends, career field force structure changes, and inputs from individual career field managers.

For more information on SRB eligibility, contact the military personnel flight re-enlistment office.

A complete list of the SRB program is located online on the AFPC homepage. (Courtesy of AFPC News Service)



Photo by Capt. Brenda Campbell



Serving food, gearing up for a challenge

Members of the 21st Logistics Group serve food during a Santa Maria Barbeque to raise money for the upcoming Guardian Challenge. About 200 people enjoyed barbeque, beans, salad and drinks at the fund raiser in Hangar 140 March 29.

Air Force offers bonuses for prior-service returnees

RANDOLPH AIR FORCE BASE, Texas — The Air Force will offer enlistment bonuses to prior-service people who qualify to re-enter the service beginning April 1.

The bonus will continue until Sept. 30, and is a part of the Air Force effort to reach its goal of 34,600 new recruits. The money is targeted at high-tech, hard-to-fill positions.

The service will pay up to \$14,000 to pararescuemen, combat controllers, air traffic controllers and crypto linguists. Aircraft maintenance experience can be worth up to \$9,000. People from the sister services who are interested may apply, but their jobs must convert to the Air Force Specialty Code. Upon enlisting, new recruits will go direct-duty to their assignments.

Traditionally, the Air Force has the hardest time attracting recruits February through May. The Air Force met its goal in February, and numbers indicate the Air Force will meet its goal again in March, but recruiting service officials decided to tap in to the prior-service pool with bonuses.

Until 1999, the prior-service program was limited to less than 200 individuals per year. That limit was raised significantly in 1999, when the Air Force allowed more than 600 veterans to return.

"Even though there is no official prior-service recruiting goal, the Air Force Recruiting Service is hoping to welcome a higher number of prior-service individuals back in uniform than the 842 veterans who returned in fiscal year 2000," said Tech. Sgt. Jerome Fletcher, Air Force Recruiting Service acting chief of prior-service programs. "Opening the door to people other than new recruits takes us that much closer to our overall experience needs that much faster."

The Air Force prior-service program is wide open, said Chief Master Sgt. Dan Roby, chief of enlistment accessions policy at the Pentagon.

"We have prior military servicemembers interested in getting back in so we need to continue to aggressively pursue these individuals. People in the Guard and Reserve are also an important manning resource to tap," Roby said. "Recruiters get the same credit for recruiting qualified veterans as they do for new recruits, so they are highly motivated to pursue this avenue."

People who left the Air Force and now want to come back must go into their old Air Force specialty if it is less than 100 percent manned, Roby said. If it is more than 100 percent manned, they may need to retrain into another career field.

"If individuals from a sister service had military careers that closely match an Air Force career, they can come back in a short period of time — a few weeks," added Roby. "If their prior-service careers don't match, it may take several months to qualify."

People who want to re-enter the active force must have been reenlistment eligible at the time of separation, have served no more than 12 years of active service and be separated no more than six years. They must also have been in grades E-4 through E-6 at separation.

The bonus is paid upon award of the 5-skill level, and people have one year to upgrade to that level. Any Air Force member who enlists more than two years after separation reports to the new job as a 3-level.

These same AFSCs are offering bonuses to non prior-service people, which can reach up to \$12,000. From February to May, the Air Force offers "kicker" bonuses, an additional \$1,000 to \$5,000, to bolster numbers.

For more information about Air Force opportunities and enlistment bonuses, contact the local Air Force recruiter at 597-9811 or go online at www.air-force.com.

(Courtesy Air Force Print News)

Space Observer

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F-22 flies 200th mission

Raptor 4002 met another F-22 program achievement March 28, when it became the first F-22 to fly 200 test missions. There are four flight test F-22s at Edwards, with the remaining four engineering and manufacturing development Raptors scheduled to join the fleet by the end of 2001.



Photo by Kevin Robertson

New PFE study guide distribution begins

RANDOLPH AIR FORCE BASE, Texas — Delivery of the new Promotion Fitness Examination Study Guide (Volume 1) and the new U.S. Air Force Supervisory Examination Study Guide (Volume 2) is expected to begin this month according to Air Force Personnel Center officials.

The study guides have been revised to reflect the most current information on Air Force programs, and a summary of changes is included with each volume.

First shipments will be sent to overseas locations. Both publications have a July 1 effective date and are the required study references for promotion cycle 01E9, as well as testing cycles 02E8, 02E6/7 and 02E5.

With the elimination of base publication distribution offices, base and unit Weighted Airman Promotion System monitors are responsible for ensuring study guides are provided to all enlisted members with an emphasis on those who are promotion-eligible.

The Air Force recently revised the WAPS testing schedule to reduce waiting time between enlisted promotion testing and promotion release dates.

The following are the revised testing dates and cycles the dates affect:

— For chief master sergeant, testing will take place the first four days after Labor Day starting with cycle 01E9.

— For senior master sergeant, testing will be permanently moved from November to January starting with cycle

02E8 with tests given Jan. 10 through 24.

— For master and technical sergeant, the testing window will slip 15 days to Feb. 15 through March 31 starting with cycle 02E7/02E6.

— For staff sergeant, the testing cycle will slip one month, and senior airmen will test in May starting with cycle 02E5.

Another big change is the increased time an airman has access to proper testing materials. The Air Force requires individuals have access to study materials for only 30 days before testing. The change will require that material be available at least 60 days before testing. When there is a delay in the receipt of materials through no fault of the member, he or she will not be required to test until they have been allowed 60 days to study.

Because of the requirement, WAPS monitors will first issue study guides to people eligible for promotion in the E-9 September 2001 testing cycle. Master sergeants testing in cycle 02E8 are second priority, staff and technical sergeants testing in cycles 02E6/7 are third priority, and the remaining enlisted population is fourth.

Each member who receives a study guide will sign for it. Those who need replacement material because of loss or damage must contact the unit WAPS monitor to get new study guides.

For more information, contact the military personnel flight or unit WAPS monitor. (Courtesy of Air Education and Training Command News Service)



Det. 3, 18th SPSS, teaches students about AF mission



Courtesy photo

Master Sgt. Shawn Coughlan showing a Ground-based Electro-optical Deep Space Surveillance System telescope at the Maui Space Surveillance Complex to a group of high school students from around Maui County during the Maui Economic Development Board "Tech Careers 2001: I Am The Future" career seminar.

Capt. Robin Orth and Maj. Sam McNiel demonstrate how to use Global Positioning System receivers to a group of high school students from around Maui County during the seminar.



Courtesy photo

Sixty high school students from Maui, Hawaii, had a glimpse of deep space from the nation's premiere deep-space surveillance observatory during this year's high-tech job fair.

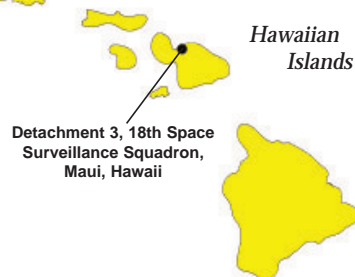
For the first time in the event's three-year history, space surveillance sensors were demonstrated for the students during their visit to the Air Force Research Laboratory's Maui Space Surveillance Complex. The complex's 10 telescopes track man-made satellites as well as objects in deep space. Local high school students and teachers also toured the adjacent University of Hawaii Institute for Astronomy.

Detachment 3, 18th Space Surveillance Squadron members joined researchers from Detachment 15, AFRL Directed Energy Directorate, to discuss Air Force operations, science, and technical career opportunities.

Students had a chance to see the operation of the adaptive optics system on the 3.6-meter Advanced Electro-Optical System telescope operated by AFRL. The telescope is the largest in the DoD, and has a world-class optical system designed to take clear images of spacecraft. It uses powerful computers to change the shape of a deformable mirror to correct for distortion caused by the atmosphere hundreds of times per second.

Maj. Raley Marek, commander of AFRL Det 15, said, "This was a great chance for us to get involved with our local community. We were able to show the students why it's so important for them to stay in school and to see some of the neat things being done here on Maui."

"We were excited to help the Maui Economic Development Board with this great program. It was great for the kids and it helps us explain the Air Force mission to the people of Maui," he added.



Detachment 3, 18th Space Surveillance Squadron, Maui, Hawaii

The students also learned how the Ground-based Electro-Optical Deep Space Surveillance System, operated by the 18th SPSS, locates, tracks and computes in less than one minute, the orbital data on satellites up to 32,000 kilometers away.

"This was a terrific opportunity to show these kids some of our sharpest people. Hopefully, they will see that the Air Force offers some unbeatable opportunities for high school graduates looking for high-tech jobs," said Maj. Sam McNiel, Det. 3 commander.

"Our mission on Maui is critical to help (Air Force) Space Command keep an accurate catalog of where all 8,000 objects in orbit are located. We tried to help the students understand the importance of protecting our satellites and why we need to keep track of both U.S. and foreign satellites," he added.

The annual career orientation seminar sponsored by the Maui Economic Development Board is designed to develop an interest in science and technology careers through an interaction with working professionals.

(Courtesy Det. 3, 18th SPSS)

Did you know?

The Air Force Space Command Air Reserve Force has a new web site: www.imaspace.com. You can find out the mission statement, goals, award winners, vacancies and much more information concerning the reserve program in AFSPC. For more information, call Chief Master Sgt. Denise Low at 554-5669.

DeCA to eliminate Social Security numbers on checks

By Kevin Hennelly

Defense Commissary Agency Public Affairs

FORT LEE, Va. (AFP) — Starting in May, the Defense Commissary Agency will no longer require customers to put their Social Security numbers on checks when paying for groceries.

It is another example of how the commissary is listening to customers and giving them what they want.

"Our customers are telling us they are increasingly concerned about disclosing personal information ... that may result in 'identity theft,' violations of personal privacy, fraud or personal financial loss," said Colonel Ed Jones, DeCA comptroller. "We are listening to our patrons and are taking the steps needed to reduce their exposure to these risks."

As national anxiety over identity theft mounted and various civilian retailers stopped asking for SSNs, military shoppers began asking DeCA to change too. As a result, customers will have extra security and the convenience of not having to write their SSN on a check when shopping at the commissary.

This means that the agency is modifying its cash register system to stop printing SSNs on the backs of checks. Customers will still be required to provide their SSN, but not on the checks themselves.

DeCA has developed a closed system to safely retain the SSN to comply with U.S. Treasury guidelines for collecting bad check information. The cashier will enter this information into the system when the customer's identification is checked at the register.

"The results of this re-engineered business process will ensure transaction confidentiality and appropriate audit trails are maintained with the assurance that individual identity is protected," said John Goodman, DeCA's program manager for the cash register system.

Buy a wing coin and support Guardian Challenge 2001

21st Space Wing coins are being sold to raise money for Guardian Challenge 2001. The coins cost \$5 each. Call Capt. Brian Freiburger at 556-4570 for more information or stop by the 21st Logistics Group office in Building 365 to buy a coin.



AFSPC woman receives national acclaim for extraordinary efforts

By Margaret Gillam
HQ AFSPC, Contracting Division

Suzanne Snyder, Headquarters Air Force Space Command Contracting Division staff procurement analyst, received the Blanche Witte Memorial Award at the National Contract Management Association Spring Governance Meeting in Dallas, Texas March 24. Snyder placed first in the nation for the distinguished award.

The Blanche Witte Memorial Foundation Annual Award recognizes outstanding individuals from both industry and government whose professional conduct demonstrates a commitment to excellence and ethical behavior in the contracts field.

Blanche Witte was Phi Beta Kappa, summa cum laude, a member of the New York State Bar, and a New York City public high school mathematics teacher. Her motto and goal was "achievement and success through education and application."

Both NCMA members and non-members are eligible for the award.

Snyder was nominated for extraordinary efforts in the area of source selection training. Specifically, she developed a full-day course on using past performance to make best value award decisions. The result was a comprehensive course of study taking participants through collection, analysis, trade-off and documentation of past performance in performance-price tradeoff or formal source selections.

Emphasis was placed on linking concepts of relevancy, recency and quality of past performance and reinforced through a variety of exercise scenarios. To expand its usefulness, Snyder developed the course to function as computer-based training. The course, or variation, has been presented to over 500 government and industry professionals in formal training sessions, at a Pikes Peak NCMA Chapter workshop and via the internet to other Air Force and Department of Defense activities.



Photo by Ron Snyder

Suzanne Snyder, HQ AFSPC Contracting Division staff procurement analyst, receives the Blanche Witt Memorial Foundation Annual Award from James L. McGovern, president of the National Contract Management Association.

Star Performer



NAME: Airman 1st Class
Hee Jin O
UNIT: 21st Mission
Support Squadron
HOMETOWN: Seoul,
Korea
TIME IN SERVICE: one
year, six months

Airman 1st Class O works in the military personnel flight as the wing evaluations technician processing primarily officer performance reports. She is responsible for one of the busiest and most highly visible programs in the MPF.

She is a self-starter whose personal initiative enabled her to become the resident expert on both officer and enlisted evaluations, according to her supervisor.

Daily, she works with customers with numerous questions regarding evaluations, promotions, command and senior noncommissioned officer selection records, while diligently tracking overdue reports from previous bases and ensuring all PCSing members have current reports prior to arrival at their next duty stations.

She is also responsible for ensuring all system updates are accurate and on time, a vital part of the performance report process.

In addition to her hectic professional life, she is working to complete her CDCs and regularly volunteers to assist with major command management level reviews. She also supports the Rocky Mountain Company Grade Officer Professional Development Course and participates in squadron fitness events.

It's not 'easy street'

Pete family struggles to overcome genetic disorder

By Master Sgt. D.K. Grant
21st SW Public Affairs

Lt. Col. Terry and Donna Ulrich, and their five boys, have it made. They're the all-American family dream: Steady, calm, military dad; lovely, confident, homemaking mom; bright, outgoing boys who, despite an 8-year age-range, find pleasure in one another's company.

The patio is filled with a fleet of bicycles – well-used, not for show. Hershey, the perfect dog, is an indoor-outdoor friend whose charming manners make her an ambassador for canine companions. Their lovely home features a piano that every member can play beside a telescope they all know how to use.

They take karate lessons together, have a special family night, go to church every Sunday, support community events, and their 8-foot dining table doubles as a homework station for kids who excuse themselves from visiting with company to work on math problems.

They seem like a 60's television family and if you don't look beneath the surface, you might feel an understandable twinge of envy.

But there's more to the Ulrich clan than meets the eye. Two of the charming boys were born with a genetic metabolic disorder that is so rare only 100 people in Colorado have been diagnosed with it. David, 8, and Christopher, 6, have phenylketonuria, or PKU. Essentially that means they can't eat protein. If they do, they risk brain damage. Eat enough protein over time and they'll die.

The time, energy and money required to ensure David and Christopher thrive are enormous, but it's a way of life for Team Ulrich, and everybody has a role to play. They not only do their part without resentment, but do it with enthusiasm.

"We have good days and bad days," Donna said. "But this is what we're supposed to be doing,"



Brian, 9, waits his turn at the keys while Eric, 14, plays from memory the theme from Indiana Jones. All the Ulrich boys play piano. Eric is the most accomplished so far, but Brian has a good ear.



Photos by Master Sgt. D.K. Grant

Lt. Col. Terry Ulrich, HQ Air Force Space Command, watches over sons David (forward) and Christopher while they play. The boys, two of the Ulrichs' five, have a genetic metabolic disorder that prohibits protein consumption.

she explained, a thousand watts of joy shining in her eyes. That's some confusing and powerful stuff coming from someone who prepares two separate menus two-to-three times a day (except for the two years that Eric, now 14, developed a lactose allergy and she prepared three menus three times a day).

It would be easy to shrug that off as "doable for a stay-home mom" but Donna's more than that. She is also certified to home-school her boys, with lesson responsibilities that range from first grade to high school material.

These challenges weren't part of the Ulrichs' plans when they married 21 years ago. High school sweethearts and military brats themselves, they had an orderly life in mind. He was an ROTC student with an engineering major, and she was a language student with a major in German. She also focused on elementary education and nutrition, but didn't really plan to use those. She taught German at base recreation centers for a few years, but when Eric came along, she turned her attention to raising a family.

Information from the national Focus on the Family organization, in fact, helped her make the decision to home-school; a decision, said Terry, that has made all the difference for their kids. Intelligent and well-mannered, loyal and patient, they exhibit cheerful maturity beyond their years.

"They haven't been exposed to an environment where they see kids get away with unacceptable behavior," Dad Ulrich explained. "And they don't see age-segregation at home," he added.

Eric's at an age when hanging out with Kevin, 12, might be socially unacceptable in a public-school peer group.

Who's your best friend, Eric?

"Kevin." Simple, confident, unembarrassed.

How about you Kevin; who's your

best friend?

"Eric...and Brian (9)." He grins at the silly question. He likes hanging out with Christopher and David too, but mostly Eric and Brian are his best friends.

Brian has the lion's share of buds, though. He can hang with Eric and Kevin and play hide-n-seek in the pitch-black spring night, or equally-comfortably flop on the den floor and watch an animated movie (written, scripted, directed and voiced by Kevin) with David and Christopher.

Mom and Dad aren't so bad either. The boys face mom-as-foe in light-saber wars in the back yard, and Dad's pretty pumped because water-soaker-season is coming.

Wait a minute. These people have a life-threatening problem. What about the PKU? Ask Terry and Donna and they'll tell you that what might be an impossible situation for some has helped to forge an unbreakable bond for the Ulrichs.

The discipline inherent in engineering and foreign language mastery has been helpful in dealing with PKU. Every single meal must be methodically planned and every morsel David and Christopher eat must be weighed and tallied. A special powdered formula (that runs the family \$800 per month) is carefully measured and served to ensure the boys get the amino acids and nutrients they need, since they won't get the nutrients from food. The family makes two grocery lists: One for the commissary and one for food they order by the case from a warehouse in New York (a supplier that will soon be unavailable to them). The commissary is a boon since the special food is pretty pricey. At \$7 a pound for special spaghetti noodles, the Ulrich budget is pretty tight.

Cooking a meal becomes an effort in creative chemistry, since every food product used must be broken down according to its ingredients and a tally kept for the number of milligrams of phenylalanine (PHE) each child consumes per day. It's crucial. David, for example, has a 500-mg-limit per day. A typical fast-food milkshake has 530 mg. A burger is

— ULRICH, From Page 8

completely out of the question, as are most fast-foods. French fries are ok, but they have to be weighed, so Donna carries a portable digital scale pretty much everywhere they go.

Because that fast-food limitation could present some real problems when the kids are older, Terry and Donna have developed some comprehensive preventive and awareness measures. First, education and honesty are the tools they've used since David's birth. Making sure that Eric, Kevin and Brian understood PKU helped to prepare them for their part in caring for and guiding David and Christopher. Teaching David and Christopher, from the start, about their disorder has allowed them to participate in their own wellness program and they're able to explain it pretty clearly to others.

Because David and Christopher are still at a somewhat thoughtless age, they sometimes forget to call out when they eat something like the special breads, rolls or cookies their mom makes. So the rest of the family has developed peripheral food vision.

"How many cookies have you had?" Donna asked Christopher.

"Three," Terry answered for him, even though Terry was actually involved in an interview during the cookie-consumption.

Interviews are becoming pretty common-place for the Ulrich family, too. A Colorado house subcommittee recently voted on whether insurance companies should be required to cover the amino-acid modified medical powder formulas PKU patients require for survival. The bill passed unanimously and went to the full house where it has passed through a second and third

reading. After the house vote, if it passes, it will go to the Senate, where a vote will determine the fate (perhaps lives) of some rare Coloradoans.

Local news representatives, interested in that bill, were referred to the Ulrich family by the public relations staff at Denver's Children's Hospital. Following a Saturday devoted to capturing the family on film, two Colorado Springs television stations aired those interviews throughout the weekend prior to the subcommittee vote.

While the results of that vote won't necessarily affect the Ulrich family (whose medical needs are covered and who are not residents of Colorado), their participation and support may well save the lives of those who don't enjoy military medical coverage. Why then would Children's refer media to a military family?

According to Terry, that's because of Donna's fastidious attention to every detail of the disorder, how it affects her children, how to protect them without smothering them, and to how she carefully follows every rule.

All PKU patients' parents are asked to send a weekly menu to the hospital so that the staff can roughly estimate the number of PHEs the children are consuming. That information, and the results of regular blood tests, help doctors guide parents on their kids' changing dietary needs.

Most parents send food container labels or lists of foods eaten, so it's an inexact science for the lab staff. However, Donna developed a food plan and Terry developed a computer data-base. Every nutrient the boys consume is logged and the data is forwarded to the hospital. It was astonishing for the lab team, and one reason



Kevin, 12, and Hershey play tug-of-war with a stick while Eric, 14, and Donna and Terry watch the contest.

the Ulrich family was recommended for the interviews.

It's also one reason the family will be so sorely missed when they PCS to Andrews AFB later this year. They've been an invaluable source of support for other families trying to deal with the disorder. Donna shares menus and behavior tips with other parents, and her robust little boys have a reassuring and motivational impact on other PKU families in the Colorado support group.

The move to Andrews will be sad for the Ulrich

family, too, but it's time to go and PCS moves, according to Terry, are a part of military life that benefit military kids. The military lifestyle helps kids develop confidence, independence and flexibility, he believes. In and of themselves, those are important qualities, but especially so for his kids — all five — who face together a challenge none could take on alone.

Full-time Air Force, part-time chefs

Peterson Complex volunteers serve breakfast to homeless



Photos by Airman 1st Class Shane Sharp

John Simmons, volunteer coordinator, pours more gravy for the serving line. Simmons and other military and civilian volunteers serve breakfast once a month at the Marian House.

Volunteers from the 721st Support Group, 1st Command and Control Squadron, HQ Air Force Space Command, and Cheyenne Mountain Operations Center volunteer their time the first Sunday of each month to serve breakfast to the homeless and needy at the Marian House.

According to Staff Sgt. John Simmons, 721st Civil Engineer Squadron and volunteer coordinator, there are about 30 volunteers in

their group who serve breakfast to between 240 and 300 people.

Due to manning changes at Cheyenne Mountain, many of the Sunday volunteers are leaving the area. If you would like more information on volunteering, call Simmons at 474-2152. If you are interested in donating food or money to the Marian House, call Maelena West at 475-7314.



Maelena West, Marian House manager, gives directions to Joey Brown during the Sunday morning breakfast rush.

Aaron Ario puts freshly-cooked sausage in a container before taking it to the food line to be served.



Ian Houth dries pans after they've been washed.

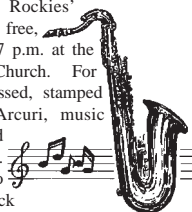


Volunteers wait to serve food to the next customer. From left to right are Lynn Smith, Trinidad Peralta, Mike Guerra, Bill Houth, Brittany Houth, Jean McCaskill and Louis Smith.

New Items

FIRST TERM AIRMEN'S CENTER: Sunday FTAC moved to Building 350, Room 2027. For more information, call Master Sgt. Matt Ooley at 556-9158.

CLASSICAL CONCERT: The United States Air Force Band of the Rockies' Stellar Brass presents a free, public concert April 24, 7 p.m. at the First United Methodist Church. For tickets send a self-addressed, stamped envelope to Kathleen Arcuri, music director, First United Methodist Church, 420 N. Nevada Avenue, Colorado Springs, CO 80903 or pick them up at the church during normal business hours. For more information, call 471-8522.



Miscellaneous

EFFECTIVE WRITING WORKSHOP: The Enlisted Professional Development Committee will conduct a two-hour workshop on effective writing Thursday at 8 a.m., Building 350, Room 2127. Call Senior Master Sgt. Rene' Melero at 474-3599 to sign up or e-mail Rene.Melero@cheyennemountain.af.mil.

NO MORE OIL DISPOSAL ON BASE: The used oil disposal igloo, known as "Iggy", will be removed the first week of April because of misuse. Dumping unauthorized materials violates environmental laws, making Peterson Air Force Base subject to state and federal fines and penalties. Wing legal was consulted and agreed that the potential threat to the environment as well as the possibility for fines and penalties outweigh the need to maintain the service. Here are some alternate disposal options:

- (1) Auto skills center, Wednesday-Sunday. Call 556-4481 for details.
- (2) Local commercial facility: most oil change facilities will take your oil whether they change it or not.
- (3) The Air Force Academy will take most types of household waste liquids as well as oil Monday-Friday. Call 333-3852 for more information.
- (4) El Paso County will operate a full-time facility on Marksheffel Road, about four miles north of the base, that will accept oil and other household waste. It will be operational this fall. Until then, El Paso County accepts most household wastes one day in April and one day in September at Penrose Stadium. Call 575-8450 for details.

SPACE SYMPOSIUM: The 17th National Space Symposium will be Monday-Thursday at the Broadmoor International Center. Featuring top national and international leaders, the symposium's theme this year is "Space 2001: An Earth Odyssey." The symposium needs volunteers to help with media

relations, escort speakers, assist with presentations, work information booths, coordinate transportation, support registration and provide security services. Volunteers will have unlimited access to exhibits and may attend speaker sessions as well. For more information or to learn how to volunteer, go to the symposium web site, www.ussf.org/symposium01 and select "volunteer." Active duty military may also contact the volunteer coordinator, Lt. Col. Charlie Manship, at charles.manship@peterson.af.mil, or call 554-9304.

FRANKLIN-COVEY CLASSES: The "Seven Habits of Highly Effective People," a three-day course in personal leadership based on the book by Stephen Covey, will be offered April 17-19, 8 a.m.-

4:30 p.m. each day. "What Matters Most," a one-day time management course from Franklin-Covey, will be Tuesday and Wednesday. Courses are open to 21st Space Wing active duty and civil service members. Call 556-6104 or 556-7283 for more information.

Civilian Personnel Flight 556-7073

VOLUNTARY LEAVE TRANSFER PROGRAM: Civilian annual leave donations are needed for a Pope Air Force Base employee assigned to the 43rd Communication Squadron. She has been diagnosed with a cerebral aneurysm and is in need of an indefinite number of hours of donated leave. To donate leave, or for more information, call the civilian personnel flight workforce effectiveness section at 556-9231 or e-mail theresa.dickson@peterson.af.mil.

Family Support Center 556-6141

CLASSES: Classes are conducted in the family support center classroom, 135 Dover Street, Building 350, Room 1016 (unless otherwise specified). Registration is required for all classes. To register, call or stop by the center.

VOLUNTEER OPPORTUNITIES: To review a list of volunteer opportunities from District 11 schools contact Larry Land at 556-9268.

JOB ORIENTATION: Job orientation classes are scheduled for Thursday and April 26, 1-2:30 p.m. This class gives a brief overview of information on the local job market and how the family support center can help with job searching.

CAREER MARKETING: Career marketing class is a workshop on conducting an effective job search, writing a competitive resume and interviewing effectively for a job. The next class is Thursday, 8 a.m.-noon.

GOING OVERSEAS: This program helps families deal with a new language, customs, courtesies and lifestyle when preparing to move to a foreign country. Information on travel, phones, currency and voltage requirements are just a few of the subjects that will be addressed in this class scheduled for Wednesday, 8-9 a.m.

Family Advocacy 556-8943

STRESS MANAGEMENT: Learn basic techniques for managing stress. The next class is Tuesday 2-3:30 p.m., at the base education center. There will also be classes April 17 and 24.

BLENDED FAMILY PARENTING: Learn more about the unique challenges of how a step-family functions. Classes are Wednesday, April 18, 25 and May 2, 2-3:30 p.m. at the base library.

Community Activities Center 556-7671

COPPER MOUNTAIN: The CAC has reduced prices on lift tickets to Copper Mountain Resort. Ski or snowboard more this winter now that lift tickets have been reduced to \$30.

STAINED GLASS: Class dates are April 24, 26, May 1, 3, 8 and 10. Cost is \$40 and includes materials and instruction. Deadline to register is April 21. Call 556-1732 to sign up.

Outdoor Recreation 556-4867

VOLUNTEERS ARE NEEDED: You can help with adventures into the wet and wild high country of Colorado. Volunteers are needed for rafting, camping, hiking, canoeing, all-terrain vehicle and kayaking programs. Call Scott for more information.



Officers' Club 556-4181

EASTER SUNDAY BUFFET: This buffet featuring lunch and breakfast items will be available April 15 at four seating times. They are 10 and 11 a.m. and 12:30 and 1:30 p.m. Reservations are required. Call 574-4100 for more information.

Enlisted Club 556-4194

EASTER SUNDAY BUFFET: This buffet will be available April 15 from 11 a.m.-2 p.m. Reservations are recommended. Call 556-4194 for more information.

Military Personnel Flight 556-7377

ATTENTION ALL CHIEF MASTER SERGEANTS: The Air Force Personnel Center Chief's Group is seeking volunteers for the command chief master sergeant position, 67th Information Operations Wing, Kelly AFB, Texas, reporting no later than June 4. Contact the MPF customer service section and ask for bulletin 9 for additional information.

UNIFORM TIPS: The pharmacy technician certification badge may be worn on the utility uniform (whites) one-half-inch above the name tag.

Wear of ACC and AIA patches due to command integration: High/low placement will be standard. The ACC patch will be worn on the right BDU pocket, the unit patch on the left pocket.

Education Center 556-4064

VEAP/MGIB: Public Law 106-419 provides an opportunity for certain Veterans Education Assistance Program participants to participate in the Montgomery G. I. Bill. The education office will receive a list of eligible members within the next two weeks and will notify all eligible active duty Air Force members. The opportunity will affect more than 25,000 Air Force members. The intent of the law is to catch the people who contributed to VEAP at one time in their careers, but may have withdrawn their contributions, making them ineligible for the last conversion.

Commissary 556-4500

HOURS OF OPERATION:
Sunday - 9 a.m.-5 p.m.
Monday - CLOSED
Tuesday - 9 a.m.-8 p.m.
Wednesday - 9 a.m.-7 p.m.
Thursday - 9 a.m.-7 p.m.
Friday - 9 a.m.-8 p.m.
Saturday - 8 a.m.-6 p.m.



Future NCOs need leaders' support in career development

By Master Sgt. Joey Quiroz

Airman Leadership School flight chief

You wake up and jump out of bed, raring to go. Why? Today is the day you become an NCO. You worked hard, studied hard and got a line number almost a year ago and today is the day, finally, when you get to wear the stripe. You are on top of the world.

Sadly, your day doesn't turn out the way you thought. When you get to work your supervisor informs you that because you didn't attend Airman Leadership School, you can't wear your hard-earned stripe. Now how did that happen?

Unfortunately, this is an all-too-common occurrence in our Air Force today. Promotion rates to staff sergeant are increasing. Our future supervisors and NCOs need their commanders', first sergeants' and supervisors' help to progress.

As a supervisor, how can you help? First, understand the ALS selection criteria. Then, know what's going on in your subordinates' lives, send them to ALS and support them while they attend training.

So, you have a sharp senior airman who needs to go to ALS. Well, that may not be correct. Sending a sharp airman to ALS to keep them on the "fast track" isn't how the process works. We have a policy to ensure the right people are trained. Senior airmen attend ALS when they have 4-6 years time in service. Staff sergeant-selects have

priority over other senior airmen. A senior airman who is in that target time, doesn't have a line number but is PCSing to a remote location must be trained before the PCS. To be eligible, airmen who are not staff sergeant-selects must have 48 months time in service or be on their second enlistment. Nominees must also have supervisors' recommendations and be within weight and body fat standards prior to arriving and throughout the course.

Before attending, airmen must establish a

year of retainability from the projected graduation date.

Finally, a potential ALS student must not be on a control roster, under investigation, in confinement, or charged with an offense punishable under the UCMJ.

The rule says we must target this select group of senior airmen, but there's more you can do. Know your people and be there for them while they attend ALS.

When narrowing down your organization's choice of ALS nominees take time to understand what is going on in their lives and offer your support. Just because someone meets the criteria for ALS doesn't mean that now is the best time for them to attend.

If you are aware of a situation (legal, medical, etc.) that may take the individual out of class for a few days, you may want to consider sending someone else. If appointments cannot be changed or they take the individual out of the classroom for an excessive number of hours, the ALS may administratively release the student.

If you think your subordinate may have a reading comprehension problem, don't send that person to ALS hoping he or she will squeak by. The conse-

quences may be an academic release. Instead, get your airman enrolled in a reading comprehension class to develop those skills.

And, if you have a senior airman who has discipline problems in your organization, don't send that person to ALS to get fixed. The result will probably be a disciplinary release.

Finally, once you have chosen your eligible senior airman to attend ALS, support him or her. Please do not expect ALS students to perform work duties and attend ALS at the same time.

Upon completion of ALS, graduates earn eight semester hours of college credit in various areas, so you can see how intense training can be. If you need your airman that much, he or she can be administratively released. If that happens, you're right back where you started: supervising a sharp senior airman who is ineligible to sew on that next stripe.

Commanders, first sergeants and supervisors: our future supervisors and NCOs need you to support their career progression. Make sure you send the right folks to ALS. Remember, the rule book establishes a priority system for eligible senior airmen. The target is senior airmen with 4-6 years of time in service. Send the staff sergeant-selects, and watch out for those airmen PCSing to remote locations.

Knowing what's going on in your trainee's life and supporting your airman can help him or her concentrate on becoming an NCO. When your subordinate is ready to put on that next stripe, make sure you did your part to make it happen. Allow your airman the opportunity to feel the pride that comes with a much-anticipated promotion.

Leaders are directly responsible for promoting the career development for our future Air Force.

"Commanders, first sergeants and supervisors: our future supervisors and NCOs need you to support their career progression."

Warm ups can reduce sports injuries

By Jim Garamone

American Forces Press Service

WASHINGTON — Sports are a big part of the military culture, but service members have to be more careful when they play.

Sports and recreation participation are major causes of injuries in the armed forces, said Diana Settles, program manager for injury prevention and physical fitness for the Navy.

"DoD spends \$600 million to \$750 million per year to treat musculoskeletal injuries," said Settles, who also works on the DoD Injury Occupational Illness Prevention Committee. While this statistic covers all musculoskeletal disabilities, a significant number are due to sports accidents, she said.

Settles said DoD is trying to get a better handle on the scope of the problem, but that's been hard because many sports injuries occur during off-duty hours.

The effects of these injuries are far-reaching. There is, of course, the pain service members suffer. But also, injuries affect the mission.

"During Desert Shield and Desert Storm, the Army reported its medical evacuations and hospitalizations were primarily sports and recreational activities," Settles said. These injured soldiers were unavailable for duty when the war started. Other soldiers had to take their places or their fellow soldiers had to do the job with fewer personnel.

The Air Force reports that basketball is the cause of most sports injuries. It is followed by softball, flag football, snow skiing and cycling.

Basketball provides a good example of what service members can use to avoid injuries, Settles said. "Basketball is very popular and service members play the sport year-round," she said. "Pick-up games are common and they are played indoors and outdoors." Pick-up games commonly do not have referees.

Settles said service members must consider internal and external "risk factors" when approaching recreation and sports activities. Internal factors include the shape the players are in and their physical anatomies.

Using basketball as an example, it is an aerobic sport involving a lot of running. There's a level of fitness people should meet before

playing the game, Settles said. The sport requires a lot of lateral movement.

Players should warm-up and stretch for five to 10 minutes before taking the court. She said local morale, welfare and recreation specialists can advise service members what types of stretching are best for various sports.

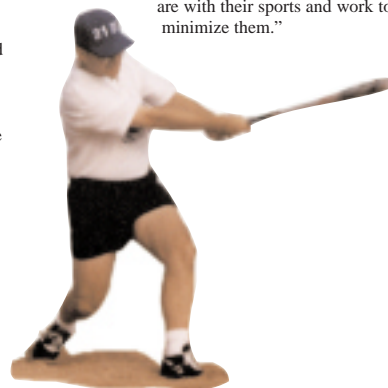
Ignoring external factors can also cause accidents. In the case of basketball, such factors include the condition of the court and the proper use of players' equipment. Don't just pick up a basketball and start playing. Check out both indoor and outdoor courts to ensure they are dry and do not contain sharp or foreign objects. They should be properly lit. Make sure there is enough room behind the hoop so players don't run into a wall or go up on a curb. Wear the correct shoes when

playing hoops.

"Many times people are playing basketball in running shoes," Settles said. "There is little lateral ankle support in running shoes — which predisposes the athlete to an ankle injury."

Sprains and knee injuries are the likely injuries that result from playing basketball. Every sport has internal and external risk factors, and service members who are aware of them can cut down on injuries.

DoD is trying to reach service members through their coaches, units and specialists in the recreation centers. "The service man or woman needs to understand the internal and external risks associated with their sports," Settles said. "This could be relayed to them via coaching staff, the MWR personnel, personal training personnel or the officials. I think the 'train the trainer' is important, but the individual service man or woman has to take control and understand what the risks are with their sports and work to minimize them."



Ready, set, go Air Force



Photo by Larry McTigue

The U.S. Air Force is advertising on the Wood Brothers' car number 21 during the 2001 NASCAR Winston Cup Series. Elliot Sadler drives the Motorcraft Ford Taurus (shown above at Las Vegas Motor Speedway). Air Force recruiters are at many events during pre-race activities. A full schedule of NASCAR events can be found on the Air Force's recruiting Web site at <http://events.airforce.com/calendar.htm?event=motor>.

Outdoor Recreation volunteers needed

Volunteers are needed for rafting, camping, hiking, canoeing, all-terrain vehicle and kayaking programs. Call Outdoor Recreation at 556-4867 for more information.



Olympic Men's Volleyball

The USA Men's Volleyball Team featuring Tom Hoff, #12, will visit the Peterson Air Force Base Fitness Center today, 10 a.m.-2 p.m.

Admission is FREE

10 a.m.-12:30 p.m. -- Practice (open to the public)

12:30-1 p.m.-- Scrimmage game against Peterson AFB players

1-1:30 p.m. -- Meet with fans, sign autographs
Call Les Stewart at 556-4475 for more information.



Sports**Shorts****Peterson AFB 5K fun run**

There will be a 5K Fun Run today at 11:30 a.m. Entry fee is \$1. Call Chris Hicks at 556-1515 for more information.

Five-on-five indoor soccer tourny

A five on five indoor soccer tournament will be Monday through Thursday, 11 a.m.-1 p.m. There is a \$20 entry fee per team. Call Senior Airman Bonnie Miller or Chris Hicks at 556-1515 for more information.

Softball coaches meeting

There will be an intramural softball coaches meeting April 16, 10:30 a.m., at the sports and fitness center. Call Les Stewart at 556-4475 for details.

Federal Cup 5K race

The 18th annual Federal Cup five-kilometer race for runners and race-walkers is May 19, 8:15 a.m., at the

Denver Federal Center in Lakewood, Colo. The race also features a 1K fun run for children as well as refreshments, medals and trophies for winning individuals and teams, and a prize drawing for all 5K participants. Commemorative T-shirts will be available for \$7 on a first-come, first-served basis. Team categories include men, women, co-ed, masters and seniors. The pre-registration entry fee is \$5 (\$10 on race day). More specific Federal Cup information, including race entry forms and past race results, are available at the Federal Cup home page at: <http://fedcup.homestead.com>.

Air Force rugby tryouts

The Air Force rugby squad will hold an instructional camp and team tryout April 12-15 in Washington, D.C. Tryouts are in conjunction with the

Cherry Blossom Invitational Rugby Tournament. Classroom and field instruction will be offered prior to the tournament. All Air Force active duty, active Reserve and Air National Guards members are eligible. The selected Air Force team will compete against the Army, Navy, Marines and Coast Guard in the Armed Forces Rugby Championships Oct. 8-13 at Fort Leonard Wood, Mo. See www.afrugby.com for more information.

Bowling center

During April, the Month of the Military Child, children of active-duty military members can bowl up to three free games when they bowl with their parents. This offer is good throughout the month and is valid only when parents bowl with their children.